



National Park Service  
U.S. Department of the Interior

New Bedford Whaling  
National Historical Park

33 William Street  
New Bedford, MA 02740

508-996-4095 phone  
508-984-1250 fax  
[www.nps.gov/nebe](http://www.nps.gov/nebe)

---

## New Bedford Whaling National Historical Park

### News Release

For Immediate Release  
Emily Prigot 508.996.4095 ext. 6105

### **Connect With History While You Get Healthy**

#### **New Bedford Whaling National Historical Park To Offer Pedometers on AHA! Night**

*June 11*

New Bedford, MA— New Bedford Whaling NHP will be promoting its “History and Health Walks” by offering free pedometers on AHA! Night, Thursday, June 11. The pedometers will feature logos of both the National Park Service and the YMCA, symbolic of the two organizations’ similar missions of connecting the public to the great outdoors and to well-being and a sense of community. At the visitor center, participants will also be able to pick up free maps detailing short, easy walks that take in historic sites in downtown New Bedford. The maps indicate the length of each walk and how many calories are typically burned for that walk.

“The National Park Service and the ‘Y’ – it’s a logical partnership,” said Jen Nersesian, superintendent of New Bedford Whaling National Historical Park. “They, like us, see the value in getting outside, staying active, being healthy while connecting with our local resources. We think these walking routes are especially interesting and fun, given the amazing history that took place right here in our downtown district.”

The pedometers will be available at the park's visitor center on a first-come, first-served basis. For more information, call the visitor center at 508-996-4095. Walk to historic sites and burn some calories at the same time!

New Bedford Whaling National Historical Park was established by Congress in 1996 to help preserve and interpret America’s nineteenth century whaling industry. The park, which encompasses a 13-block National Historic Landmark District, is the only National Park Service area addressing the history of the whaling industry and its influence on the economic, social, and environmental history of the United States.

-NPS-